



The Housewives Burden

When a woman is almost distracted from overwork, her home is in disorder, crying children, and on top of all is suffering from backache, bearing down pains, or some other form of feminine ills, then she should remember that hundreds of women in just her condition have been restored to health and regained their youthful strength by taking Lydia E. Pinkham's Vegetable Compound and not rest until she has given it a fair trial.

Proof that it Restored the Health of These Two Women

Cairo, Ill.—"Some time ago I got so bad with female trouble that I thought I would have to be operated on. I had a bad displacement. My right side would pain me and I was so nervous I could not hold a glass of water. Many times I would have to stop my work and sit down or I would fall on the floor in a faint. I consulted several doctors and every one told me the same but I kept fighting to keep from having the operation. I had read so many times of Lydia E. Pinkham's Vegetable Compound and it helped my sister so I began taking it. I have never felt better than I have since then and I keep house and am able to do all my work. The Vegetable Compound is certainly one grand medicine."—Mrs. J. R. MATTHEWS, 3311 Sycamore Street, Cairo, Ill.

Chattanooga, Tenn.—"I used Lydia E. Pinkham's Vegetable Compound before my baby came when I could no longer keep up. It strengthened my back and relieved me of the ill effect which so often develops at such times. That was my first experience with the Vegetable Compound. Years afterwards I took it during the change of life and got along so well I scarcely ever had to lie down during the day and seldom had dizzy, fainting spells. I am now well and strong, can do all my housework with perfect ease and it is a comfort to me to be able to say to other suffering women 'take Lydia E. Pinkham's medicine and be strong.' I will be glad to have you use my name if it will be the means of helping any one."—Mrs. R. A. KAIBURN, 606 Orchard Knob Ave., Chattanooga, Tenn.

Ailing, Overworked Housewives Should Rely Upon

Lydia E. Pinkham's Vegetable Compound

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.

The Growing Child.

A Series of Articles Prepared Especially for Barre Daily Times. By the United States Public Health Service, Washington, D. C.

Questions relating to child health and to related problems will be answered by experts of the U. S. Public Health Service. Address: Child Health Editor, U. S. Public Health Service, Washington, D. C. (Please mention this newspaper.)

To secure the best results in health work among children there must be close co-operation between the home and the school. The work of the teacher will be much less difficult if the child has been trained in hygienic habits at home, and the mother will find her efforts supplemented and her work strengthened by the teaching of hygiene in the schools, and the oversight of her child by the medical inspector and school nurse.

Among the factors affecting the health of the child which are entirely

controlled by the home, sleep is important. Children from six to ten years should have about ten or eleven hours of sleep in the twenty-four and from ten to sixteen years the amount of sleep should be about nine hours. Every child should sleep alone (as far as this is possible) in a quiet, well-ventilated room. He should go to bed at such an hour as will make it possible for him to secure sufficient sleep and awaken naturally early enough to get to school on time without undue haste or the neglect of any duty he should perform before leaving home. The more outdoor life a child has the better he will sleep usually. On the other hand, a heavy meal in the evening, the use of tea or coffee, much home study in the evening, obstructed breathing, earache, toothache, and similar conditions, are apt to interfere with the child's sleep. If a sleeping porch is not available, the windows in the room should be open so that the child may have plenty of fresh air. He may be protected from drafts by the use of screens, and from cold by soft light covers and hot water bottles when necessary. During the day living rooms and school rooms should be flushed several times with

fresh air for a few minutes at a time, by opening the windows.

A child's clothing should be such as to prevent any part of his body from chilling, but at the same time should not be so heavy as to cause him to perspire on slight exertion. The habitual use of too heavy clothing predisposes to "colds," while too thin clothing causes a heavy drain on the child's vitality. To attempt to harden a child by undue exposure is not wise. In winter long stockings should be worn, and the feet should be protected from wetting by rubbers.

The feeding of children is of the greatest importance, and apart from the quantity and quality of the food the time and manner of the meal should receive much consideration. Regularity of feeding should not cease when the child is weaned. Teach him to expect his meals at regular hours, and his appetite and digestion readily adapt themselves to a schedule that is strictly adhered to. Let the meal be cheerful, social occasions. The food is more easily digested when eaten in a happy atmosphere than when consumed in gloom or acrimonious argument.

The question of recreation for a school boy or girl is sometimes a difficult problem. Outdoor play and sports are ideal, but the "movies" and similar entertainments have a strong appeal. A child attending school should not go to evening entertainments of any kind on an evening except Friday or Saturday, and the child should not keep late hours then or go home early. This applies to children in the upper grades. Younger children's entertainments should be very infrequent, and never in the evening.

ATTENTION! SERVICE MEN!

Applicants for Vocational Training to Present Cases.

Attention of service men is called to the fact that the federal board for vocational education will have a clean-up campaign Nov. 8-11, inclusive, at the American Legion headquarters, St. Johnsbury, for the purpose of handling all pending, as well as new cases, of World War disabled veterans, seeking the benefits of vocational training under the rehabilitation act.

Only cases of service men in Coos, Carroll and Grafton counties, New Hampshire, and Essex, Orleans, Lamoille, Caledonia, Washington, Franklin and Orange counties, Vermont, will be considered at this time. The campaign is designed to do away with all delays as much as possible and to assure direct action on all applications.

The posts of the American Legion and chapters of the American Red Cross in this district are cooperating with the board in this work, and are assuring the success of the campaign. All men should bring with them their discharge and if awarded compensation by the war risk insurance bureau letters showing the award.

All disabled soldiers applying for training, who need railroad transportation should send requests for same immediately. No. 101 Mills street, Boston.

VERMONT CLAIM IS ALLOWED

U. S. Government Will Pay \$103,324.42 For War Equipment

TAKEN OVER WHEN WAR BROKE OUT

Vermont's Is the First Claim for Reimbursement to a State

The adjutant general's office at Montpelier is in receipt of official notice from the auditor of the war department at Washington that the claim of the state of Vermont for state-owned property taken into federal service amounting to \$103,324.42 has been allowed and that certificate has been forwarded to the treasury department for payment.

This claim of the state of Vermont for reimbursement for funds paid out in the spring of 1917 for proper military equipment to equip the National Guard of Vermont was the first claim of this kind to be received by the war department and was, therefore, made a test case, all other similar claims being held up until this claim was acted upon. Its course through the various departments has many times been halted by objections, but all of these have finally been removed and Vermont will in due time be properly reimbursed for this emergency expenditure.

Vermont Did Well in Shooting.

A bulletin published from the headquarters of the 1st corps, aero, Boston, giving the final results of the first annual rifle and pistol tournament of the united services of New England held under the auspices of the American Legion, civilian National Guard, army, navy and marine corps at the Wakefield rifle range, Wakefield, Mass., Oct. 9-12, 1920 shows that the team sent from the National Guard of Vermont stood sixth in the principal team match and that individual prizes were won by members of the team as follows:

Maj. Willard P. Springer, Northfield Falls, 1st prize, 200 yards, rapid fire, score 40.

Capt. Roy B. Miner, Brattleboro, tied for 1st prize, 300 yards, slow fire, score 50.

Mecl. Earl A. Barnard, Brattleboro, 5th prize, 200 yards, slow fire; 91 entries.

As this Vermont National Guard team had no preliminary practice the results are considered very satisfactory.

It is now contemplated making this tournament at Wakefield, Mass., an annual event.

RIDICULOUS SCHOOL SYSTEM.

A. E. Winship Says Education in Massachusetts is Worship of Polish.

Boston, Oct. 29.—Massachusetts' system of education was ridiculed as a worship of polish and tradition at the expense of efficiency and progress by Dr. Albert E. Winship, editor of the Journal of Education, in an address to-day before the Middlesex county teachers' association. Many of the methods still in use here, he said, would be laughed at anywhere else in the country.

"In the next ten years this country is going to have educational democracy; there will be no educational aristocracy or aristocratic worth mentioning ten years from to-day. Back to the east we worship polish, out in the west they put in the punch. Why, here in Massachusetts there are people who would rather pray in metaphors than in plain language. We are worshipping perfection of ideals."

FAVOR HOLDING CROPS.

Farmers' Conference Urges That All Crops be Marketed as Demanded.

Washington, Oct. 29.—Resolutions urging that all crops be marketed as the demand requires and that Congress conduct an investigation of interest rates charged by banks were adopted to-day by the farmers' conference, in session here.

All farmers were urged to join existing cooperative marketing organizations or organize new ones. Congress was asked to give the federal farm loan board authority to issue and sell in the open market short term securities based on warehouse receipts issued under the federal warehouse act.

Delegates to the conference interpreted the resolution for marketing as the demand requires as authorizing a holding movement of cotton, wheat and other great farm staples.

The Beauty of Your Life can be Yours. Its wonderfully pure, soft, peaty white appearance, free from all blemishes, will be comparable to the perfect complexion of your skin and complexion if you will use **Gouraud's Oriental Cream**.

Radway's Jelliform IN A TUBE For Rheumatism

A FREE TRIAL Send address and you will receive a good sized sample tube of "Jelliform" in Radway's Ready Relief. No return necessary. RADWAY & CO., 266 Center Street, New York.

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"A cup of Cocoa"

Good at any hour of the day

Baker's Cocoa

is especially good in the evening a short time before retiring. Its flavor is delicious, its aroma most attractive, and it is conducive to restful sleep without being in any sense of the word, a narcotic. Absolutely pure and wholesome.

BOOKLET OF CHOICE RECIPES SENT FREE

Walter Baker & Co. Ltd. ESTABLISHED 1820-DORCHESTER, MASS.

SLOW DEATH

Aches, pains, nervousness, difficulty in urinating, often mean serious disorders. The world's standard remedy for kidney, liver, bladder and uric acid troubles—

GOLD MEDAL HARLEM OIL CAPSULES

bring quick relief and often ward off deadly diseases. Known as the national remedy of Holland for more than 200 years. All druggists, in three sizes. Look for the name Gold Medal on every box and accept no imitation.

Annulments are Everything.

which poor investments are not. An income is as true as you live, as long as you live. This is annuity service. Send or call for rates. National Life Ins. Co. (Mutual). S. S. Ballard, general agent, Montpelier, Vt.

PLAINFIELD

Saturday evening, Oct. 30, will be the last appearance of the Nellie Gill Players this season, the last and the best. Get your tickets early; sale already one-half gone. Better bring a chair to be sure—adv.

THOUGHT SHE HAD HEART DISEASE

"FRUIT-A-TIVES" Made Complete Cure of Stomach Trouble

MRS. FRANK W. WALLACE

Moultonville, Carroll Co., N. H.

"An account I read about 'Fruit-a-tives' or Fruit Liver Tablets in one of our newspapers prompted me to try this remedy."

I was all run down and weak and was burdensome owing to indigestion and fullness, due to gas on my stomach which caused me to belch a good deal. My heart seemed to be affected.

It was two years ago that I was in this condition and began the use of 'Fruit-a-tives'. Even though the trouble had been of a few years standing, the use of 'Fruit-a-tives' proved the very remedy I required. I was freed of the indigestion, which I attributed to my heart; and I can conscientiously recommend 'Fruit-a-tives' as a remedy of merit."

Mrs. FRANK W. WALLACE.

50c. a box, 6 for \$2.50, trial size 25c.

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